



Chicken Barley Soup with Walnut Pesto

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon chopped
- 0.3 teaspoon pepper black freshly ground
- 1 cup butternut squash cubed peeled ()
- 0.5 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 1 tablespoon garlic fresh minced
- 2 tablespoons garlic fresh minced
- 0.3 cup apples i use 2 granny smith apples finely chopped
- 1 habanero pepper

- 2 tablespoons olive oil extra-virgin
- 1.5 cups onion chopped
- 1 ounce parmigiano-reggiano cheese freshly grated
- 1 cup pearl barley rinsed uncooked drained
- 8 inch portobello mushroom caps chopped
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 8 ounces swiss chard
- 1 thyme sprig
- 0.3 cup walnuts toasted
- 4.5 quarts water cold
- 3 pound meat from a rotisserie chicken whole

Equipment

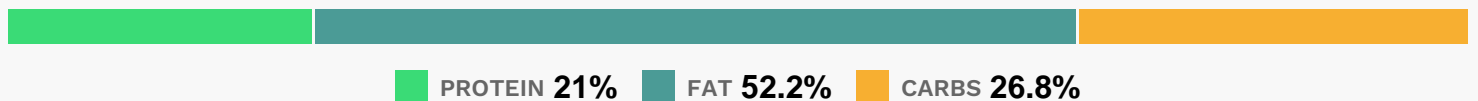
- food processor
- bowl
- frying pan
- sieve
- dutch oven

Directions

- Cook bacon in a large skillet over medium heat until crisp.
- Add onion, garlic, and mushrooms to pan; cook 5 minutes, stirring frequently. Set aside.
- Remove and discard giblets and neck from chicken.
- Place chicken and thyme in a large Dutch oven over medium heat. Cover with 4 1/2 quarts cold water; bring to a simmer. Skim fat from surface; discard.
- Remove stems and center ribs from Swiss chard. Coarsely chop stems and ribs; reserve leaves.

- Add stems, ribs, and next 5 ingredients (through apple) to pan; bring to a simmer. Pierce habanero with a fork; add to pan. Cook 35 minutes or until chicken is done.
- Remove chicken from pan; cool slightly.
- Remove chicken from bones; chop meat. Discard bones, thyme sprig, and habanero. Strain barley mixture through a sieve over a bowl. Reserve 4 cups of broth for another use. Return remaining 6 cups broth to pan; bring to a boil. Cook 10 minutes. Return chicken and barley mixture to pan; bring to a simmer.
- Add mushroom mixture. Cook 2 minutes or until thoroughly heated. Stir in 3/4 teaspoon salt and black pepper.
- To prepare pesto, cook Swiss chard leaves in boiling water 2 minutes.
- Drain and rinse under cold water; drain.
- Place leaves, walnuts, and remaining ingredients in a food processor; process until smooth.
- Serve with soup.

Nutrition Facts



Properties

Glycemic Index:49.85, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:25.250434714815%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 426.89kcal (21.34%), Fat: 25.02g (38.49%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 22.87g (8.32%), Sugar: 3.32g (3.69%), Cholesterol: 72.72mg (24.24%), Sodium: 598.41mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.29%), Vitamin K: 242.97µg (231.4%), Vitamin A: 5133.39IU (102.67%), Vitamin B3: 7.92mg (39.61%), Selenium: 26.36µg (37.65%), Manganese:

0.74mg (36.76%), Vitamin B6: 0.57mg (28.32%), Phosphorus: 272.68mg (27.27%), Fiber: 6.03g (24.1%), Vitamin C: 19.53mg (23.68%), Magnesium: 85.5mg (21.38%), Copper: 0.4mg (19.8%), Potassium: 556.95mg (15.91%), Zinc: 2.29mg (15.28%), Vitamin B1: 0.21mg (13.8%), Iron: 2.41mg (13.39%), Vitamin B2: 0.21mg (12.33%), Calcium: 120.27mg (12.03%), Vitamin B5: 1.17mg (11.73%), Vitamin E: 1.73mg (11.53%), Folate: 33.94µg (8.48%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.24µg (1.62%)